

# Oodles of Noodles

**Prep time:** 15 minutes

**Cook time:** 20 minutes

**Makes:** 6 Servings

This colorful, whole-wheat pasta dish is accented with grape tomatoes and Swiss chard, and delicately flavored with basil and garlic for an oodles of noodle delight!

## Ingredients

- 2 3/4 cups** Penne pasta, whole-wheat, dry (11 oz)
- 1 1/3 tablespoons** extra virgin olive oil
- 2 1/4 cups** Fresh grape tomatoes, halved
- 1 1/2 teaspoons** dried basil
- 3/4 teaspoon** Sea salt
- 1/4 teaspoon** ground black pepper
- 1 tablespoon** Fresh garlic, minced
- 3 tablespoons** whole-wheat flour
- 2 1/3 cups** Low-sodium vegetable broth
- 4 cups** Fresh Swiss chard, stems removed, chopped

## Directions

1. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for about 8-10 minutes until tender. Do not overcook. Drain well.
2. Heat olive oil in a large skillet over medium heat. Add half of tomatoes and cook 2-3 minutes until skins soften. Do not overcook. Reserve remaining tomatoes for step 4. Add basil, salt, pepper, and garlic. Stir.
3. Sprinkle flour over tomatoes. Cook for 30 seconds over medium heat until mixture becomes thick. Add vegetable broth. Bring to a boil and then immediately reduce to low heat.
4. Add Swiss chard and remaining tomatoes. Simmer uncovered over low heat for 1-2 minutes or until Swiss chard is wilted. Pour over pasta. Serve hot.



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	235	
Total Fat	4 g	
Protein	9 g	
Carbohydrates	43 g	
Dietary Fiber	5 g	
Saturated Fat	1 g	
Sodium	323 mg	

## MyPlate Food Groups

Vegetables	1/4 cup
Grains	2 ounces

## Notes

### **Our Story**

When the Assistant Principal asks you to work on a recipe challenge project, you roll up your sleeves and get busy! For the recipe challenge team at Lincoln Junior High School, foodservice members, teachers, students, parents, and a chef all came together to cook, taste, and adjust recipes.

They developed a total of five recipes. Thirty students were asked to comment on each recipe and share whether or not they would eat the dish if it were served again.

Based on their feedback, the school submitted three recipes as part of the contest and is thrilled that one of their recipes, Oodles of Noodles, was selected.

### **Lincoln Junior High School**

Skokie, Illinois

### **School Team Members**

**School Nutrition Professional:** Kathy Jones

**Chef:** Patsy Bentivegna

**Community Members:** Joe Cullota (Teacher) and Maggie Nessim (School Board Member and Parent)

**Students:** Sarah B., Matt L., Elizabeth D., Vanessa L., and Hannah W.

Recipes for Healthy Kids Cookbook for Homes